

10 Minute Yoga Sequence

by Claire Plastow at Feeling Yogaful. 2016.

Standing Sun Breath



Use this quick sequence to keep flexible and feeling good this Christmas. You won't need a mat or much floor space.

The quick version's for busy days. Extend with these tips when the mood takes you.

Extend:

- full lung breath throughout or ujjayi for progressive yogis
- pause in squat, ground feet, engage core, ascend crown - breath

Dynamic Uttanasana

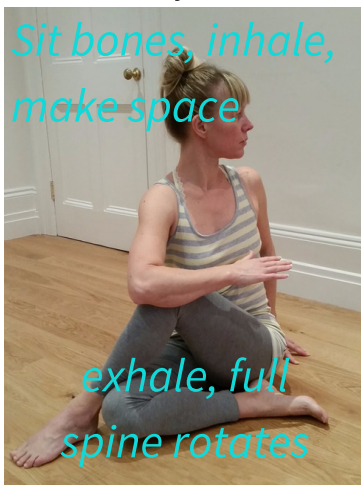


Dog Against a Wall

Extend:

- raise straight leg - retain
- bandhas!

Ardha Matsyendrasana



Sidhasana



Anjali Mudra



Extend:

- ground front foot, bind hands

Om shanti - please share